

# HOUSE CALL

## intercommunity hospital

Vol. 5 No. 4

Intercommunity Hospital

Winter, 1981

INTER-COMMUNITY HOSPITAL STAFF TO BE AIDED

## Guild for Hospital Formed; Charter Memberships Invited

An invitation to become a charter member of the newly organized Inter-Community Hospital Guild was extended ladies of upper Solano County last Thursday by the guild's charter president, Mrs. Richard Coffey of Vacaville.

Formed to assist the staff of the proposed hospital in any manner possible, the guild met Thursday at the Green Valley Country Club for the purpose of electing officers and instituting the necessary procedures for applying for charter. Memberships are offered for \$3.00.

Elected to serve with Mrs. Coffey as vice-president was Mrs. Arthur Tooby of Fairfield. Mrs. Quentin Peterson of Vacaville was named by the group to serve as recording secretary; Mrs. James Kilkenny of Dixon as corresponding secretary and Mrs. Arthur Chaboy of Winters will serve as the guild's treasurer.

The Mesdames: C. Roy Mason, Wood Young and James M. Shumway were named from the Twin Cities community to serve on the board of directors. Other board members will include: Mrs. James Wiggins, Mrs. Ralph Moss and Mrs. Homer Brown of Dixon; Mrs. Walter W. Weir of Vacaville; and Mrs. Francis Jacobs, Mrs. John Greenwood and Mrs. W. G. Brinck, Jr. of Winters.

Mrs. Mason presided at the meeting, which followed luncheon.

and introduced Burt Goodman, president of the Central Solano Hospital Foundation, who extended his congratulations on the formation of the guild.

Dr. M. B. Smith of Fairfield and Frank McKelitt of Vacaville, who served as chairman pro-tem during the organization of the guild, were also introduced by Mrs. Mason. An offer of any possible assistance to projects the guild might plan was offered on behalf of the Fairfield Hospital by Dr. Smith, who suggested that perhaps a Coke machine in the hospital lobby might be an advantage to the guild's money raising efforts.

Mrs. Robert Garrett, past president of the Solano County Medical Auxiliary and charter member of the Brookside Hospital Guild, was next introduced and in turn presented the day's keynote speaker,

Mrs. Bert Johnson, president of the Brookside Guild.

Telling the group the guild's gift shop, which is maintained in the lobby of the Brookside Hospital, nets their organization \$250 a month. Mrs. Johnson said that her organization has operated on the premise that the more members the better, and as a matter of fact, are hoping to lower the age limit for memberships to 18.

Adopting the name "Brookside Hospital Service League" rather than calling themselves a guild, they have set their dues at \$2 per year for active volunteers. An annual associate membership is also offered at \$2 per year. These members, however, are precluded from voting in the league's elections. Life memberships are also offered for \$100 and many men, she said, avail themselves of the option of associate membership.

Page 15--THE SOLANO REPUBLICAN, Thursday, Sept. 19, 1957

## Hospital Guild Announces 2nd Meeting; All Interested Ladies Invited to Join

An invitation to ladies of the Twin Cities community interested in joining the newly organized Intercommunity Hospital Guild is extended for luncheon on Wednesday, Sept. 23. Luncheon time has been set for 12:30 at the Nut Tree near Vacaville, according to Mrs. Richard Coffey, guild president.

Reservations are invited at two dollars and should be made before Monday, Sept. 23 by calling Mrs. Arthur Tooby, HA 5-2012 or Mrs. James Shumway, HA 5-2353. They may also be made by writing Mrs. Coffey at P. O. Box 135 in Vacaville.

The luncheon, which is the second for the membership will be held in a private room.

from the various committees and a discussion of future projects.

Membership cards are ready, according to the treasurer who says some confusion in addresses has precluded mailing some of them and urges members not having received theirs in the mail to contact her at the luncheon.

## Intercommunity Hospital Guild Meeting

The Intercommunity Hospital Guild will hold its second membership luncheon at 12:30 p.m. on Wednesday, Sept. 23 at the Nut Tree near Vacaville. The Guild discussed at the meeting the need for the hospital and the importance of the community's support.

The luncheon will be held in a private room at the Nut Tree. Reservations should be made by Sept. 23 from Mrs. Arthur Tooby, P. O. Box 135, Vacaville; Mrs. Arthur Peterson, HA 5-2012 in Dixon; or Mrs. James Shumway, HA 5-2353 in Vacaville.

Ladies wishing to join the guild have been invited to attend the luncheon meeting.



PLAN BENEFIT Three Central Solano Hospital Foundation members plan for a June 19 bridge-casino money for the hospital project. Standing: Mrs. Ben Smith (left), Mrs. Arthur Tooby, Bridge will be played at Mrs. Smith's home, 1010 Empire street, Fairfield, and canasta at the home of Mrs. Tooby, 1240 Delaware street.—Times-Herald Photo.

## De Pr Aic

FAI Solano Hospital dinner located to put to aid Mrs. chairmen names played Benjar street Delaw. Arthur Adm person made el Jon or Mr 6624 in

REF served the cat tificat Francis ners in Guest in fourso said.

Total proceed ing event w of the Hospit to make I comforta



Intercommunity Hospital Guild  
25th Anniversary





*"The Guild has always been a strong entity unto itself," philosophizes 1965 Guild President Martha Orr who is shown here (third from right) at the installation of her successor. New officers for 1966 were (from left) Sylvia Shivley, Mrs. John Kinney, President Eva Olson, May Cartwright and Charlotte Pressas.*

## OUR GUILD:

## 25 years old and looking to the future

In 1982 Intercommunity Hospital's Guild will celebrate 25 Years of challenges met and conquered. It was in 1957, two years before the groundbreaking for the 32-bed Intercommunity Memorial Hospital, that a group of civic-minded women met to form a Guild. They were determined to have a community hospital, and pledged to support the hospital fund drive.

"There's nothing like mothers when they get behind a project," recalls the Guild's first president, Mary Coffey. "Most of us had young children, and we were concerned because the nearest hospital was 50 miles away. We charter members were a highly motivated and dedicated group," Mary said.

When Mary Coffey was elected in April of 1957 she set the pace for the Guild with her theme song, "These Boots Are Made For Walking." Members wore out their shoes going door-to-door soliciting

pledges to the hospital building fund. Then the ladies launched their first money-making affair, a dessert card party featuring French pastries imported from Oakland.

The Guild has continued to earn money for the ever-growing hospital. In 1982 the Guild will pay off two years ahead of schedule a \$200,000 pledge made in 1974.

The Guild Memorial Fund was established that first year, when Kathy Weir, nine-year-old daughter of a charter member, Betty Weir, died from complications of measles. Kathy's Brownie Troop, led by Faye Martin, initiated the fund in her honor, and \$1,000 was earmarked to purchase a resuscitator for the hospital.

By 1958, a total of 186 women had joined the Guild and the tradition of an annual Guild Ball was started with the Butterfly Ball at Suisun Valley Farm Center.

The day of the hospital dedica-

tion, December 13, 1959, Guild volunteers began serving Intercommunity in numerous ways. In their new red and white striped pinafores they lent a hand wherever needed in the hospital, helping nurses with errands, transporting patients in wheelchairs, wrapping sterile instruments in Central Supply.

Their first year inside the hospitals members donated 8,192 hours. They began giving carnation corsages to new mothers and making puppets for pediatric patients. They also paid for lobby furniture.

During the 1960's, the Guild's money-raising abilities started to snowball. They bought a urological table, a respirator and other equipment which enabled physicians to offer more advanced medical services. Patients were more comfortable in the summertime thanks to air-conditioning paid for by the



Guild. Carpeting, new furniture and a telephone system were installed as Guild members continued making pledges and paying their debts ahead of schedule. Fueling the Guild's finances were an annual rummage sale of one day that overflowed into a profitable three-day event; highly popular Christmas boutiques; and a Guild cookbook.

**B**usy volunteers earned 500-hour pins, and Mabel Loney received the first 1,000-hour pin in 1961. The volunteers also begin staffing the Irwin Memorial Bloodmobile's quarterly visits to Fairfield. Not only did they roll up their sleeves and give blood, they assisted with the drawing, baked cookies and served juice to the donors.

In 1964, when Intercommunity annexed a former nursing home on Kensington Drive and expanded to an 80-bed hospital, the Guild acquired an office. The Guild's Junior Volunteers were organized with 10 charter members in 1968. The Junior's inherited the striped pinafores and were nicknamed Candy Strippers. The Guild women, in turn, changed into new, coral shirtwaist dresses.

**T**he Guild's first decade was filled with challenges and successes. Recalls Martha Orr, Guild president in 1965, and member of Intercommunity's Board of Directors: "The Guild has always been a strong entity unto itself, and has carried on. Intercommunity's growth has been steady and at times, spectacular. Back in the early 1960's when Fairfield's and Vacaville's populations were only about 5,000, we knew most of the patients in those 32 beds. Now we have 108 beds and more than 400 employees. That's quite a change!"

The Guild started the '70's by paying off a three-year commitment of \$15,000 in two years. Because of its reputation for paying donations ahead of schedule, the Guild was asked to set the example for the new building fund drive.

The sum of \$200,000 was suggested to 1974 president, Wanda Boyette. Incapable of resisting a challenge on behalf of the Guild, Wanda reportedly, "swallowed hard and said, 'Why not? We can't be sent to jail if we don't make it.



*Guild members, all four of them destined to be presidents, Mable Putz, then president Marilyn Harris, Aileen Ross and Barbara Walters, talked with Congressman Vic Fazio at a 1978 groundbreaking for a 32-bed expansion.*

But we will make our goal!' " Now, in 1982, incumbent president Mabel Putz predicts that the remaining \$30,000 on the \$200,000 pledge will be paid by the end of her term.

The Guild worked harder than ever, and in 1976 members were hostesses at three grand openings: Intercommunity Hospital's new building was dedicated; the Guilded Cage gift shop started business adjacent to the main entrance; and the first thrift shop opened on Webster Street. The two cash registers started ringing and suddenly the Guild was making thousands of dollars from the new operations. It had entered a new era of spectacular growth.

**O**n a rainy day in January, 1977 the volunteers helped transfer patients from the old hospital building to the new. The group had a membership of 236 with 20 Juniors. They gathered momentum in all areas. By 1979, a record 53 Juniors were busy running errands, handing out patients' dinner trays, making holiday tray favors and raising funds, too.

In 1979, President Barbara Walters' theme was "Learning," and Guild members ventured into a new area requiring more specialized training than routine orientations could offer. The Emergency Room Support Group was established to assist ER staff whenever

needed to aid patients or waiting families. The ER Support Group learned how to comfort anxious families of victims involved in traumatic situations such as auto accidents or life-threatening illnesses.

For nearly a quarter-century the Guild has served the community outside the hospital by staffing the Bloodmobile. In 1981 it added another service by purchasing and operating the Tel-Med program. Callers may dial the Tel-Med phone number, 426-4636, and listen to tape-recorded health information. When the program started in October, the Guild lacked switchboard volunteers. Faced with that challenge, the Tel-Med sponsors enlisted more volunteers and now the service operates weekdays from 9 a.m. to 9 p.m.

The Guild started this decade with a new thrift shop, "Second-Hand Rose", located on Jackson Street, which raised \$19,233 its first year; with the Guilded Cage earning \$21,000 annually; and most importantly with 238 members donating 33,460 hours to hospital service in 1980.

Together, Intercommunity and its Guild are skyrocketing into the future. More than a score of presidents, each with a personalized theme, and hundreds of unique members have formed the winning combination to meet all challenges.

Happy silver anniversary, Guild members!





# PLANNING OUR FUTURE

**ALICE:** "Would you tell me, please, which way I ought to go from here?"

**CHESHIRE CAT:** "That depends a good deal on where you want to get to."

**ALICE:** "I don't much care where. . ."

**CHESHIRE CAT:** "Then it doesn't matter which way you go."

**ALICE IN WONDERLAND**

**W**here is Intercommunity headed? It's a question that Gary Passama has been discussing with Board members, doctors and staff since he became ICH administrator in late September.

Unlike Alice, he has formulated strong ideas about future directions for the hospital.

One of the first directions will certainly be northeast to Vacaville, Passama predicts.

"We need to respond to the health needs of the people in the Vacaville area," he said. "Those needs are increasing as population in Solano County slowly shifts northward. It's a fact that's recognized by nationwide hospital corporations and Bay Area hospitals that want to expand services into growing areas such as ours."

"I believe that Intercommunity Hospital can provide the best health services to Vacaville without costly duplications of services," he said. "We're exploring a number of ideas: an urgent care center, a satellite hospital, long-term care for seniors.

The \_\_\_\_\_  
Strategic \_\_\_\_\_  
Plan \_\_\_\_\_

**R**unning a hospital was once much easier. Medical technology, the cost of living and the social order itself could be trusted to stay moored in one place over longer periods. But today, just to survive in a time of unparalleled change, hospitals have to do more than plan just for tomorrow or even next year.

Intercommunity's new Administrator Gary Passama believes that strategic planning for the next ten to fifteen years is a must. Whatever the future may hold, Intercommunity had best anticipate it and even attempt to mold it.

"Strategic planning is the process of looking at what you don't want to see," Passama explains.

How many hospitals would like to have accurately predicted the nationwide nursing shortage five

But," he said, "final decisions have not been reached on any of these possible services."

In a list of priority items Passama presented to the hospital's 11-member Board of Directors, shortly after his arrival, he also emphasized the necessity for expansion of the hospital's Fairfield site. Maternity and pediatric units will require more beds in the near future, he said.

The hospital's administration will also work closely with its medical staff in continuing to develop patient services such as an expanded physical therapy program and other rehabilitation services.

Further, the hospital's involve-



*Administrator  
Gary Passama*



years before it began crippling their operations? They would have had to correctly read the pulse of the women's movement and have charted the course of the nursing profession. Had they viewed the future, they would have realized women would begin turning away from nursing to enter less traditional female professions such as law and business.

They may not have liked the view, but they could have begun to plan ways to cope with it -- to intensify their nurse recruiting, offer better pay and improved working conditions for nurses. Hospitals which foresaw the problem and planned accordingly could have avoided one tremendous handicap of the '80's.

Strategic planning establishes an early warning system. Look at

one simple factor that could present a tremendous problem for hospitals in the next decade: The average American can expect to live nearly to the age of 74. What are the implications? Seniors are admitted to the hospital more frequently than younger people. They often require more complex and expensive procedures. They stay in the hospital longer. What's more, as the value of the dollar declines, this elderly population has less ability to pay for health care.

How will hospitals prepare for growing elderly population? Strategic planners will have to find the answers. And the sooner, the better.

The planning process will demand on-going meetings where the hospital's administrative staff,

Board members, physicians and planners explore scenarios of Upper Solano County's future. What will the area's population be in 10 years? What will be the percentages of elderly requiring more care, of young couples having babies, of patients requiring coronary care or physical therapy? Will consumers continue to grow more involved in decisions about their own health care? And if so, what new needs will they identify that hospitals will be able to fill?

Planners will also explore the ways the rapid changes in the hospital industry might effect Intercommunity. Many facilities are merging or being sold to multi-hospital corporations in order to survive. Others are parlaying their expertise in hospital management into new ventures such as child care programs, catering services, medical office building management and health education programs.

Once the planners have done their best to map the trends, they will set out to decide the most effective path for Intercommunity to follow into the future.

Establishing objectives. Determining policies. Making hard decisions. Anticipation and projection. The willingness to be skeptical and irreverent about old and tried approaches to a problem. The insight to generate new and relevant ideas. That's strategic planning, an idea that will be crucial to Intercommunity in the 80's.

ment with health maintenance organizations (HMO's) to provide Solano County with alternatives to Kaiser, will be developed. The hospital would be likely to provide inpatient and outpatient services for subscribers to qualified prepaid health plans developed in this area.

In order to keep growing, Passama said, the hospital will also focus attention on strengthening its financial systems and on finding alternative ways to generate revenue. As government programs reduce the amount they reimburse hospitals for the care of Medicare and Medi-Cal patients, new sources of income have to be found to make up for the charges lost. At Inter-

community, one such source could be the development of health promotion programs such as fitness, stress reduction and stop-smoking seminars which are marketed to industries striving to keep their employees healthy.

A new strategic planning process will get under way soon to help Intercommunity's leaders effectively guide the hospital in a fast-changing health care industry.

"We need to plan strategies for coping with dynamic outside forces," said Passama. "The nursing shortage, new developments in medical and health technologies, the government's changing attitudes towards hospitals and in-

flation, these are just a few things we need to consider."

To help meet these goals, Passama will add three new members to his administrative staff in early 1982. An associate administrator and an administrative assistant are scheduled to come on board in January and February, and a director of planning is being recruited for the hospital.

"We have a tremendous job to do here," Passama said. "The challenges we face are major ones. With the support of the Board, the physicians and the hospital staff, I look forward to our meeting those challenges and succeeding."



Or treat medical problems. Only a qualified physician should be called upon to do this. Please phone your doctor or the Intercommunity Emergency Department at 429-3600 if you need medical help.

## HOW TO CALL TEL-MED

Just dial **426-4636**.

When the switchboard operator answers, give the number of the tape you wish to hear. After the tape has finished playing, your call will be automatically disconnected. You are welcome to call back and request to hear that tape again or select a second subject.

**You can call Tel-Med between 9 a.m. and 9 p.m. on weekdays. The switchboard is closed on weekends and holidays.**

## HELP FROM OUR FRIENDS

Intercommunity's Tel-Med program exists thanks to hospital Guild volunteers who donated initial funding and who staff the switchboard. They make possible this gift of good health information to the community.

A number of community organizations and agencies continue to expand the program by donating individual tapes and by supporting Tel-Med with annual donations.

- 187 Drugs That Treat Cancer
- 188 Radiation Therapy For Cancer
- 190 Thyroid Cancer
- 192 Leukemia
- 520 Cancer Of The Bone
- 521 Cancer Of The Bladder
- 523 Cancer Of The Larynx
- 525 Cancer Of The Stomach

## CARE OF THE PATIENT IN THE HOME

- 165 Home Care For The Bedridden Patient
- 167 Exercise For The Bedridden Patient
- 168 How To Take Temperature, Pulse And Respiration
- 5002 Home Care Fills Many Needs

## CHILDREN

- 3 Can Medicines In Home Poison Your Child
- 10 Poisons In The Home
- 17 Lockjaw
- 18 Tonsillectomy
- 20 Rheumatic Fever
- 43 Stuttering And Other Speech Defects
- 48 Thumb Sucking
- 49 No-No-What Does It Mean To The Toddler
- 71 Aspirin For Children
- 73 Earache In Children
- 75 Pinworms
- 80 Ringworms
- 81 Tics: A Child's Outlet For Anxiety
- 83 Impetigo
- 85 Pesky Pinkeye
- 224 Mumps
- 225 Croup
- 226 Should I Keep My Child Out Of School
- 227 Measles
- 229 Chickenpox
- 239 Necessary Inoculations For Your Children
- 261 Care Of The Newborn
- 262 Sudden Infant Death
- 400 Tommy Gets His Tonsils Out
- 402 Where Did I Come From, Mama?
- 112 Inhalation Of Small Objects By Children
- 1082 Sports Tips For Youngsters
- 5003 Your Child Goes To The Hospital

## EYE CARE AND HEARING

- 9 Glaucoma
- 85 Pesky Pinkeye
- 450 From Hearing Loss To Hearing Aid
- 471 Children's Vision
- 472 Cataract
- 474 Presbyopia-Do You Need Reading Glasses?

## FIRST AID

- 91 Severe Bleeding
- 93 Electrical Shock
- 94 Shock
- 96 Poisoning By Mouth
- 98 Head Injuries
- 99 Sprains
- 101 Thermal Burns
- 102 Mouth To Mouth Resuscitation (Babies)
- 103 Mouth To Mouth Resuscitation (Adults)
- 107 First Aid For Heart Attack
- 111 Choking
- 116 Common Foot Problems: Calluses, Corns, Bunions and Hammer Toes
- 117 Athletes Foot
- 118 Animal Bites
- 121 Bee Stings

## FOOT, LEG & ARM CARE

- 47 Leg Cramps And Aches
- 115 Ingrown Toenails
- 191 Varicose Veins

## GENERAL

- 17 Lockjaw
- 35 Understanding Headaches
- 36 Hiccups
- 37 Backaches
- 59 Donating Blood Is Easy
- 61 The Meaning Of Fever
- 77 Kidney Stones
- 84 Dizziness
- 125 Epilepsy
- 194 What Happens When A Disc Slips
- 195 Bee Sting - It Can Cause Death
- 201 Neck Pains
- 565 Hypoglycemia
- 825 Multiple Sclerosis
- 826 Parkinsonism
- 1141 Kidney & Urinary Tract Infections

- 612 Don't Be Fooled By Fad Diets

## PARENTS

- 50 Teen Years - The Age Of Rebellion
- 133 Advice For Parents Of Teenagers
- 404 Brothers & Sisters Getting Along Together
- 408 Discipline & Punishment

## PHYSICAL FITNESS

- 122 Sleep Is Kind
- 1082 Sports Tips For Youngsters
- 1101 Exercising - Warm Up Slowly

## PLASTIC SURGERY

- 1030 Cosmetic Surgery Of The Breasts
- 1040 Face Lifts
- 1041 Rhinoplasty: Plastic Surgery Of The Nose
- 1042 Hair Transplantation

## PREGNANCY

- 5 Early Prenatal Care
- 12 Am I Really Pregnant?
- 14 Family Planning
- 24 Abortion
- 32 Unwanted Pregnancy
- 62 Prematurity & Twinning
- 66 What Causes Miscarriages
- 67 Warning Signals In Pregnancy
- 527 Long Term Effects Of DES Administered In Pregnancy
- 606 Nutrition In Pregnancy
- 5004 Family-Centered Maternity Services

## PUBLIC HEALTH

- 8 Venereal Disease
- 52 Lice - Pubic, Head & Body
- 162 Hepatitis
- 969 Infectious Mononucleosis

## PUBLIC INFORMATION

- 19 Nine Ways To Cut Your Medical Costs
- 154 Medi-Cal
- 155 Medicare
- 5006 Services Available At The Fairfield Senior Center

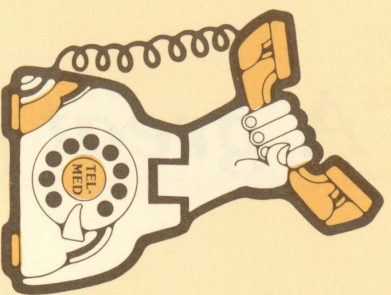
- 149 Rape
- 173 Menopause
- 182 What Is A "Pap" Test?
- 526 Mammography
- 527 Long Term Effects Of DES Administered In Pregnancy
- 884 Menstruation
- 889 Hysterectomy
- 898 Female Sexual Response

## INTERCOMMUNITY SERVICES

- 5000 What You Should Know About Your Hospital
- 5001 The Volunteer Guild Has A Place For You
- 5002 Home Care Fills Many Needs
- 5003 Your Child Goes To The Hospital
- 5004 Family-Centered Maternity Services
- 5005 Ambulatory Surgery Means A Short Stay

## LIST NEW TAPES HERE





# TEL-MED TAPE LIBRARY

PLEASE  
REQUEST  
EACH TAPE  
BY NUMBER

(707) 426-4636

KEEP THIS LISTING BY YOUR PHONE FOR REGULAR REFERENCE.

## WHAT IS TEL-MED?

Tel-Med is a library of brief, tape-recorded health messages you can hear by calling the Tel-Med switchboard. The messages have been carefully selected to:

- help you remain healthy
- help you recognize signs of illness
- help you adjust to serious illness

The tapes are three to five minutes in length.

They feature interesting subjects in easy-to-understand language. The Tel-Med material has been carefully reviewed by physicians at Intercommunity Hospital.

Tel-Med is a free and confidential way to find out more about your health. No one will ask your name. You can listen to these messages over the telephone from the privacy of your own home.

## IF YOU NEED A DOCTOR

Tel-Med tapes are not designed to diagnose

### 429 What Is Tel-Med?

#### ALCOHOL PROBLEMS

- 942** Alcoholism-The Scope of the Problem  
**943** Is Drinking A Problem  
**944** To Drink Or Not To Drink  
**945** So You Love An Alcoholic

#### ARTHRITIS - RHEUMATISM

- 126** Gout  
**127** Arthritis - Rheumatism  
**128** Rheumatoid Arthritis  
**129** Bursitis  
**131** Arthritis And Quackery  
**203** Osteoarthritis Or Degenerative Joint Disease

#### BIRTH CONTROL

- 1** Vasectomy  
**14** Family Planning  
**53** Tubal Ligation  
**54** Birth Control  
**55** The Pill  
**56** Intrauterine Devices  
**57** The Rhythm Method  
**58** Diaphragm, Foam And Condom

#### CANCER

- 6** Breast Cancer  
**176** Cancer Of The Prostate Gland  
**178** Rehabilitation Of The Breast Cancer Patient  
**179** Lung Cancer  
**180** Cancer Of The Colon And Rectum  
**181** Cancer - The Curable Disease  
**183** Cancer's 7 Warning Signals  
**184** Hodgkin's Disease  
**185** Cancer Of The Skin  
**186** Lethal Cancer

### DENTAL HEALTH

- 301** Flossing Your Teeth  
**303** Dental Plaque  
**306** What About Wisdom Teeth  
**307** Seven Warning Signs Of Gum Disease  
**309** Canker Sores And Fever Blisters  
**312** Abscessed Teeth Can Be Saved  
**314** We Know What Causes Bad Breath, Do You?

#### DIABETES

- 11** You May Have Diabetes And Not Know It  
**22** Foot Care For Diabetics  
**609** Answers To Your Questions About Diabetic Diets  
**610** Diabetes Emergencies

#### DIGESTIVE SYSTEM

- 2** What Is A Normal Bowel?  
**4** Hemorrhoids  
**44** Ulcers  
**45** Indigestion  
**78** Appendicitis  
**196** Peptic Ulcer  
**198** Hiatal Hernia  
**199** Colitis & Bowel Disorders  
**630** Diarrhea  
**631** Gallbladder Trouble  
**662** Diverticulosis-Diverticulitis

#### DRUGS

- 134** LSD  
**136** Amphetamines And Barbiturates  
**137** Marijuana  
**138** Narcotics

### HEART

- 21** Cigarettes & Heart  
**23** Diet & Heart Disease  
**25** Hypertension & Blood Pressure  
**26** Stroke & Apoplexy  
**28** How To Decrease Risk Of Heart Attack  
**29** Atherosclerosis & High Blood Pressure  
**30** Angina Pectoris  
**63** Early Warning Of A Heart Attack  
**65** Chest Pains  
**72** Heart Failure

#### MEN

- 1** Vasectomy  
**175** Fears Of The After-Forty Man  
**1050** Male Sexual Response

#### MENTAL HEALTH

- 33** Tension  
**144** Emotional Experiences Of The Dying  
**174** Masturbation  
**725** Brain Damage Recovery  
**726** Psychosomatic Illness  
**727** Schizophrenia  
**728** When Should I See A Psychiatrist?  
**1180** Homosexuality

#### NUTRITION

- 23** Diet And Heart Disease  
**604** Guide To Good Eating  
**606** Nutrition In Pregnancy  
**609** Answers To Questions Often Asked About Diabetic Diets

### RESPIRATORY

- 7** What A Case Of Pneumonia Means  
**13** Pulmonary Emphysema  
**38** Influenza  
**90** Hay Fever  
**300** The Flu  
**576** Bronchial Asthma  
**580** Dust Diseases  
**581** Chronic Cough  
**582** Shortness Of Breath

#### SKIN DISORDERS

- 79** Dandruff  
**80** Ringworm  
**172** Acne

#### SMOKING

- 21** Cigarettes And Heart Disease  
**693** Weight Control While Quitting Smoking  
**694** Why A Woman Should Quit Smoking  
**696** How Smoking Affects Your Health  
**697** Do You Want To Quit Smoking?  
**699** Gimmicks To Help You Quit Smoking  
**700** Effects Of Cigarette Smoke On Non-Smokers

#### VENEREAL DISEASE

- 8** Venereal Disease  
**15** Syphilis  
**16** Gonorrhea  
**970** Herpes

#### WOMEN

- 31** Vaginitis  
**42** I'm Just Tired, Doctor  
**74** Why A "D & C"?



# *“A great person, a great nurse . . .”*

---

I am writing to thank you for picking such good nurses to work in your hospital. My husband could not have received better care those two weeks if he was at home in Nashville, Tennessee.

I flew out here to be with him, and all the nurses treated me as well as my mother-in-law, just as if they all knew us personally. One nurse, Leigh Reese, in CCU even took our dirty clothes home with her to wash them, as we had no car to go anywhere.

Ann Davis, his nurse on Unit 100, offered us her car and her home for us to stay at night. Ann was my husband's favorite nurse because she took time to explain anything we needed to know. At night before he would go to bed, she would rub his back so he could relax. In my opinion she is a great person as well as a great nurse.

He also had a male nurse, Don James, who was real good to him. In fact, all the nurses were good. When you are so far away from home (2000 miles) your friends and family can not be there for you to depend on them for strength when you are scared to death. But your nurses just took us in and adopted us as their family. We will never forget the kindness we were shown in your hospital. Thank you again for your great nursing staff.

Mrs. David Berry  
Fairview, Tennessee

\* \* \*

**B**eing generalists in a time when specializing nurses from areas like pediatrics and maternity receive more public attention, med-surg nurses often remain unsung.

Yet, these nurses deal with patients who have the widest span of ages, the largest variety of health problems and present the most complex problems of any in the hospital, says Sharon Santos, a nurse educator at ICH.



*Susan Pack, R.N.*

---

Most Intercommunity patients spend some time on one of our medical-surgical units. They are cared for by some of the 150 med-surg nurses who make up three-quarters of the hospital's RN's. They are assisted by the licensed vocational nurses (LVN's), nurse aides and clerks, the team on each unit.

---



---

"This nurse has to be equipped to handle the cancer patient, the elderly, the accident victim and those patients who may overflow from the specialty units," she explains. "She has to maintain her skills in many areas so that she is prepared to care for the toddler when pediatrics is full and care for the mother who just delivered her baby in the overcrowded Maternity Unit."

According to Director of Nursing Alison Esparza, "Because of these demands, the medical-surgical nurse may be the most highly stressed person in the hospital. Yet despite that stress, she has to be able to stay calm and make sure the patient's needs -- emotional as well as physical -- are being met."

---

**This is the best hospital I have ever been in. The nursing staff is fantastic . . . Your concept is new to me and was very pleasing. The warmth and care displayed by all the staff seemed personalized and speeded up my recovery. It was truly an experience that enriched my life and I will always remember . . . My foster son has been your patient for several weeks. I was most impressed with the hospital and the staff and the way we were treated during such an emotional time . . . I feel very much at home there. I wish to thank everyone for the welcome I received during my stay. Station 200 nurses were beautiful.**

---

These comments from patients on Medical Surgical Units, 100, 200 and 400 during November and December showed that these nurses are succeeding in that difficult task.

There are many more compliments and some complaints, but in general, the people responding to the hospital's survey seem to feel that the nurses at Intercommunity are kind, concerned, caring and competent.

What does it take to make a good med-surg nurse? Sharon Santos suggests five personal qualities: understanding, enthusiasm, patience, self-motivation and the ability to withstand constant change and overstimulation.



---

At Intercommunity Hospital nurses maintain a basic philosophy in their jobs: each patient should receive the best care possible, delivered with respect for the individual's dignity and worth.

"What that means to us personally," says Director of Nursing Alison Esparza, "is that we try to care for patients in the same way we would want a nurse to care for us, or for a member of our family."

*Karen Martinez, R.N.  
and Martha Isaac.*



### FOREVER A STUDENT

Stimulation on the job comes from the constant fast work pace, but it also stems from the need to keep up with rapid changes in the hospital and in nursing technology. It has been estimated that half of what a nurse learns in an intense four-year college program is out of date within three years of graduation. Continuing education is a must, and nurses attend conferences, seminars and workshops in order to provide the latest care. Many programs are provided in-house. In a recent month Intercommunity nurses and other staff had available our own programs on alcoholism, inserting an IV (intravenous line), working with suicide and overdose victims, infection control, nursing needs of maternity patients and helping the dying patient cope.

### COORDINATING PATIENT CARE

The physician, the patient's family and dozens of hospital professionals in other departments are important parts of an informal healing team for every patient. Like nurses in other departments, the medical-surgical nurse coordinates communication among all these people. If the skills of a social worker, a pharmacist or a dietitian are required, the nurse can arrange for their help.

### A NURSE'S NOTES

A detailed patient chart is the responsibility of every nurse at Intercommunity Hospital. It is important to document all care delivered and for the nurse to convey the patient's response to treatment. The physician uses this valuable information to help in managing the patient's care.

### THE TEACHING ROLE

It isn't good enough just to heal an ill or injured patient, a hospital must also provide the information a patient needs in order to get healthy and stay healthy. The nurse begins by assessing the patient's level of knowledge, preparing him or her for the various aspects of a hospital stay and answering questions. What happens during my surgery? How soon will I be back to normal? Do I have to alter my diet?

The nurse will help the patient to navigate those first shaky steps, and to prepare for self-care after leaving the hospital.

### A CHANGING FIELD

The medical-surgical nurse's job is becoming more and more complicated. Without the sophisticated monitoring devices used in some specialty units, this nurse is expected to perform physical assessments on the patient, noting any symptoms which may be signs of trouble. With the proliferation of new medicines, the nurse must still know about the uses and actions of the wide assortment of modern drugs.

With an increasing emphasis on preventative health care, nurses will assume an even larger responsibility in the future to teach patients how to stay healthy.



*Hilda Ramirez, R.N.,  
adjusts David Wojan's  
back brace.*



## Gifts Given In Remembrance

### THANK YOU TO THE KIND FRIENDS WHO

HAVE SUPPORTED  
INTERCOMMUNITY WITH  
DONATIONS IN 1981.  
YOUR GENEROUS GIFTS  
HELP MAKE POSSIBLE  
THE HIGH QUALITY OF  
CARE OUR HOSPITAL  
STAFF IS PROUD TO  
PROVIDE. WE WISH YOU  
AND YOURS A HEALTHY  
AND HAPPY 1982.

#### IN MEMORY OF / GIFT OF

WES KIHNEIN  
Howard and Mary Roberts-Mortenson  
HELEN LEVIS  
R. R. and Mabel Steele  
JOSEPH Z. PEREZ  
Coelho / Saiz Family  
MARY PEREZ  
Coelho / Saiz Family  
JUNE MC BRIDE  
William and Martha Orr  
FRANCES GARCIA  
William and Martha Orr  
LUTHER HARTSELL  
Home Care Staff  
WARREN SNOOK  
Mary Saiz and Family  
James Edwards  
Andrew and Eleanor Jock  
Muriel M. Snook  
Jack and Bobbi Thomas  
Jack, Dolores, Luanna, Jolem, Delight  
and Seth Johnson  
Hal, Jan, Travis and Tiffany Thomas  
Mrs. Ernest Armstrong  
Betty Edwards  
RAYMOND SHERWIN  
Richard and Marilyn Harris  
NELDA WOLFSKILL  
Mrs. Leslie Anderson  
Vernon and Lucy Maywood  
DAVID MC CORKHILL  
Anton and Jutta Evanson  
Don and Marilyn Sexton

#### IN MEMORY OF / GIFT OF

VAN JONES  
George and Dorothy Tucker  
Ben and Margaret Huber  
LAI YEE  
Chris Yee  
SENATOR AND MRS. E. C. JOHNSON  
Mrs. Virginia Anderson  
MANUEL MORIEL  
William and Martha Orr  
Judith Dykes  
AUSTIN BECK  
Manuel Castro  
BEVERLY ANN PENNINGTON

#### PLEDGES TO RESUSCI-ANNIE FUND

Anonymous  
Anonymous  
Anonymous  
Nancy Meng  
Jim Davis  
Bob and Barbara Lum

#### NEW PLEDGES

Florence Galloway  
Sunday Big Book Study Group  
Stephen and Juanita Carbonaro  
Thursday Night Speaker Meeting  
Gary J. Passama  
Robbins & Myers Inc.  
Nora Evans Hill  
Edith N. Evans  
Four Winds Lioness Club  
Swan Associates, Inc.



*With twins Ryan and Shawn Adams in the peanut gallery, the Solano Parents of Twins and Triplets conducted a raffle to buy a color television set for ICH pediatric patients. The group's treasurer Toni Geis and ICH Assistant Administrator Al Podkin drew the winning tickets.*



# What's new and who's new

## Health tabloid will replace "House Call" in July mail

In 1982 Intercommunity will bring you a new quarterly publication that is intimately involved with YOUR health. Starting with our first issue in July, we will focus each eight-page tabloid on a lively health issue.

What should you do when someone in the family slashes a hand in the kitchen? Don't panic. In our July issue on first aid and emergency medicine we'll spell out ways to calm down and cope with sudden injuries and illness.

If you're a parent, watch for our upcoming in-depth look at child development. Other issues will explore how to stay healthy and survive adolescence, facts for folks at 40, and health concerns for seniors.

We'll talk about lifestyle problems too: Are you bugged by food, fat and your body? What aren't you doing about fitness? Is stress wiring you up and getting you down?

We know that a majority of illnesses requiring hospitalization are now caused by problems with nutrition, smoking, lack of exercise, stress and other lifestyle elements.

By mailing this new publication to all households in Upper Solano County, we hope to help our readers explore healthy lifestyle changes and gain valuable information for dealing with health problems.



## New post filled

*Hannah Skenazy, who will join ICH as an administrative assistant in January, holds Master's Degree in public administration and has a strong background in women's health.*

## There were lots of winners in this race

On a crisp day in mid-November a 25-year-old man, Ron Hoglund, came in first in Fairfield's third annual Press Run. But the 200 competitors who followed Hoglund in the 10 kilometer event were really all winners in the fitness race.

As more and more people take up running, experts tell us that such physical conditioning prevents heart attacks, increases life expectancy, improves endurance and even enhances mental attitude.

For promoting fitness and good health through running, sponsors of the Press Run deserve Intercommunity's Golden Carrot Award. The sponsors, The Daily Republic, The Fairfield Recreation Department and Action Sports Footwear, contributed time, money and volunteers to present an event that emphasizes and encourages community health.

Intercommunity's award recognizes individuals and groups in Upper Solano County which work to promote good health for all of us. We believe that regular exercise is a significant part of a healthy regimen for everybody. Walking, swimming, bicycling, handball or running might just be the right choice for you. The important thing is to exercise regularly and sensibly.



**intercommunity  
hospital**

1800 Pennsylvania Avenue  
Fairfield, California 94533

NON-PROFIT  
BULK RATE  
U.S. POSTAGE  
PAID  
FAIRFIELD, CA  
PERMIT NO. 87

## House Call

*House Call is published quarterly for the friends and employees of Intercommunity Hospital, 1800 Pennsylvania Ave., Fairfield, California. Address inquiries to the Public Relations Department.*

**GARY PASSAMA**  
Administrator  
Chief Executive Officer

**AL PODKIN**  
Assistant Administrator

**ALISON ESPARZA**  
Director of Nursing

**NANCY JO TUBBS**  
Director of Public Relations  
Editor

**MARILYN SEXTON**  
Public Relations Assistant

Address Correction Requested